HYPNOSIS

CRASH COURSE FOR BEGINNERS

Learn Self Hypnosis, Mind Control And Hypnotize Anyone Now! *(Including Hypnosis Scripts)*

SOLEMON RUNE

Hypnosis:

Crash Course For Beginners - Learn Self Hypnosis, Mind Control And Hypnotize Anyone Now!

Including Hypnosis Scripts

Contents

Introduction

Chapter 1: Understanding Hypnosis and Self-hypnosis

Chapter 2: Basic Self-hypnosis

Chapter 3: How to Write and Record your Own Hypnosis Scripts

Chapter 4: Sample Hypnosis Scripts

Conclusion

Copyright

Copyright 2015 by Solemon Rune All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for

clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

Introduction

I want to thank you and congratulate you for purchasing the book, ***"Hypnosis: Crash Course For Beginners - Learn Self Hypnosis, Mind Control And Hypnotize Anyone Now!"***

This book contains proven steps and strategies on how to hypnotize others and yourself in order to get rid of obstacles to success, happiness, and self-fulfillment.

Did you know that hypnosis is a naturally occurring state of consciousness? And that you are subjected to this mind state every day of your life? Every time you are engrossed in a television show or every time you get lost in repetitious work, you are placing yourself in a state

of hypnosis. But what if you can do better than that? What if you can perform hypnosis to help yourself gain confidence, overcome your fears, and get rid of destructive habits? Through this book, you'll learn how to perform basic hypnosis. Additionally, to better appreciate the importance and relevance of hypnosis in your life, you'll read more about its numerous physical, psychological, and socio-emotional benefits.

The effectiveness of a hypnosis script depends on how well it is written. This includes determining the target behavior, understanding the subject's resources, and wording the suggestions properly. In the following chapters, you'll learn how to do all of these things and more. You will be able to acquaint yourself with the anatomy of the hypnosis script. Furthermore, at the end of this book, you'll find sample hypnosis scripts for increasing your self-confidence, quitting a bad

habit, and treating insomnia. Once you are able to follow the steps of basic hypnosis and write effective hypnosis scripts, you can perform and customize various sessions to address the different aspects of your life and to turn your dreams into reality.

Thanks again for purchasing this book, I hope you enjoy it!

Chapter 1: Understanding Hypnosis and Self-hypnosis

What is hypnosis?

The term hypnosis can be traced back to its Greek origin *hypnos*, which translates to sleep. Hypnosis, however, is far from being a state of sleep. When you undergo hypnosis, you are in fact in a conscious state in which you possess a higher degree of concentration. When in this state, external stimuli are muted while your imagination intensifies. More than that, being in a state of hypnosis enables you to relax and to momentarily let go of pressing issues at hand. Worries about home or work or internal turmoil are temporarily forgotten. This provides you with a kind of freedom that you cannot experience in a normal waking state.

You may not realize it but you are capable of placing yourself in a hypnotic state by simply performing ordinary day-to-day activities. Take for instance, when you're watching a good movie. Whenever you get lost in the world on the other side of the screen, you are in a state of hypnosis. When you become completely absorbed in a repetitive chore like washing the dishes, you are in a state of hypnosis.

What is self-hypnosis?

Self-hypnosis, sometimes referred to as auto-hypnosis, is a method of hypnosis which is induced *by* yourself and *for* yourself. And before you imagine yourself staring at a pendulous clock swinging to and fro in front of your face as you switch into a zombie-like trance, stop. It is important to eliminate this classic Hollywood misconception that has

distorted people's idea about hypnotism. Hypnosis, you must understand, is a pure, naturally occurring state of consciousness. By being in this state, your mind becomes more flexible to suggestion. It is therefore possible to implant a thought, an image, and even a fabricated memory.

In self-hypnosis, such suggestions are referred to as auto-suggestion or simply self-suggestion. The hypnosis scripts are specifically created to address the subconscious mind—that part of your mind which is concerned with impulse and imagination. When this is done, your conscious mind, the part of your mind, which aims to control, momentarily assumes the back seat. Since it is your subconscious, which governs your senses—your sense of touch, hearing, etc., it is possible for you to trigger your own emotions during self-hypnosis. It is for these reasons that self-hypnosis can be used to help you gain

self-confidence, treat phobias and anxieties, or kick bad habits to the curb. Furthermore, the subconscious is the seat of your memories. This means that through self-hypnosis, you will be able to provide yourself with access to the deepest pits of your recollections. This means that you will be able to trace back the roots of your current fear, emotional issues, or negative behavior so that you may face and deal with the problem through its very source.

Why should I consider performing hypnosis/self-hypnosis?

There are several benefits that can be gained from performing hypnosis and auto-hypnosis. Here are a few:

Physical

- Hypnosis can help lower your risk for developing cancer and diseases related to elevated blood pressure. How? While in a state of hypnosis, your breathing pattern is altered so that there is improved airflow to the lungs. Furthermore, it enables you to eliminate unstable O2 molecules.
- This improved breathing helps to delay biological aging. Also, you will instantly feel an improved sense of vitality.
- According to research, hypnosis can relieve the symptoms of irritable bowel syndrome.
- Hypnosis is also effective in alleviating physical pain particularly those related to arthritis, fibromyalgia, and cancer.
- Studies reveal that hypnosis can help suppress hot flashes in postmenopausal women.
- Moreover, it is effective in treating insomnia and other sleep pattern disturbances thus, making you feel more rejuvenated during the day.

Psychological

- Hypnosis boosts your brain wave coherence.
- It also helps you to decrease anxiety, stabilize your moods, and prevent or treat depression.
- Hypnosis can aid in improving your memory.
- It also enhances your learning capacity.
- People who practice self-hypnosis on a regular basis are more capable of dealing with stress.

- Being in touch with your uninhibited unconscious self helps get your creative juices flowing.
- Hypnosis assists in the treatment of alcoholism, chronic smoking, drug dependency, and other destructive behaviors.

Socio-Emotional

- With regular practice of self-hypnosis, you will be able to achieve a more optimistic view of life.
- It improves the quality of your family life and your relationship with others.
- You will be able to gain self-confidence and higher levels of self-esteem. Consequently, this strengthens your willpower.
- Auto-hypnosis can be used as a means for you to discover or rediscover yourself, enabling you to better realize your goals in life.

Figure 1 Hypnosis is not a state of sleep. It is a state of consciousness that enables you to possess a higher degree of concentration.

Image source: http://www.freeimages.com/photo/dream-manager-1316067

Chapter 2: Basic Self-hypnosis

Preparation

- **Prepare yourself. Create an environment conducive for self-hypnosis.**
- Make sure that you are wearing comfortable clothing. Remove accessories like belts and loosen anything that can constrict your circulation. Empty your pockets of any heavy contents if necessary. Nothing on your body should distract you.
- Regulate the temperature of the room. If needed, cover yourself with a blanket. Prior to performing self-hypnosis, make sure that you've catered to your immediate physical needs like emptying your bladder or drinking water.
- Set up your personal space. Some people are able to relax better with subdued lighting or soft music playing in the background. Whatever you do, make sure that you select a safe, clean, and quiet place which is free from distractions such as phone calls, pets, or children. Lock the door and keep your phone on silent mode. Select a time of the day in which you are sure that no one will disturb you (ex. visitors, family). Consider performing self-hypnosis very early in the morning or late at night. Once you decide on the time of the day, label it as "Self-hypnosis time".
- Assume a comfortable position. You can choose to sit on a chair or lie on a couch or on a bed. However, a relaxed sitting position is more preferable since a lying position can cause you to fall asleep. Don't cross your extremities. Make sure that your body is positioned in such a way that it won't impede your circulation or

cause you pain or discomfort afterwards. Keep in mind that you may be doing this for a lengthy period.

- That said, the length of time dedicated for self-hypnosis entirely depends on you. Most individuals prefer to perform auto-hypnosis for about half an hour. This should provide you with sufficient time to get in and out of a trance state.

- **Know your hypnosis goals.**

Prior to commencing the self-hypnosis, make sure that you have already defined your goals. Why are you performing self-hypnosis? Is it to promote relaxation? Are you doing it to improve your self-confidence? Do you need help in letting go of an unhealthy habit? If you have a specific goal, then it would be useful to create a list of affirmations. When writing affirmations, make sure that it is specific and direct to the point. If you wish to achieve particular goals, construct the affirmations in the present tense.

Example:

For quitting negative habits:

“I am replacing gambling with healthier alternatives. I would rather spend time with my family.”

For encouraging positive-thinking:

“I am important. I am in control of myself. I am capable of accomplishing anything that I set my mind to.”

For losing weight:

“I am maintaining a balanced diet. I am losing weight. I look great in my clothes. I feel great!”

Note that the latter has been written in the present tense. These affirmations are the ones that you will be reciting to yourself while you are in a deeply relaxed state so make sure that you pay proper attention to the wording. Think carefully of what message you would

like to embed into your subconscious.

- **Establish a time limit.**

Example: “Exactly twenty minutes from now, my eyelids will instantly open and I will wake up feeling rested and rejuvenated.”

Entering the State

- **Close your eyes.**

Free your mind from emotions of anxiety, stress, or fear. Unwelcome thoughts will inevitably attempt to creep in. When this occurs, don’t expend effort in driving them out. Instead, observe these thoughts in an objective manner. Then, slowly let them fade away. On the other hand, you may choose to concentrate on a certain point, object, or corner on the wall. Direct all of your concentration on that point,

focusing on your eyelids.

Tell yourself that your "*eyelids are getting heavier… and heavier and heavier still…*"

Then allow your eyelids to shut.

- **Relax.**
- Become aware of the tension in your body. Start with your toes. Imagine all the pressure leaving your body… releasing… releasing… vanishing completely.
- Envision the tension gradually fading from your body, one body part at a time. First, your toes are relaxed and then the feeling of relaxation is moving up your feet, your ankles, your calves, and your thighs. Each time a body part is freed from the tension, it becomes lighter and lighter like a balloon drifting into the air.
- Imagine that the feeling of relaxation is moving up your hips now, and then to your stomach… Keep doing this until you are able to reach your face and feel the relaxation move up to very top of your head.

- **Practice slow, deep breathing.**

Imagine that with each outbreath all the pressure and negativity is being eliminated from your body in the form of a dark mist. Each time you inhale, imagine that you are taking in a brilliant white light that is filled with life-giving force.

- **Visualize.**
- It is now time to see in your mind's eye any chosen mental image that relates to your goals. Think of your bills and your debts as paper folded into little boats and sailing off downstream, floating away… away… and away from you. Or imagine yourself jogging with extraordinary endurance. With each mile that you cover, you are shedding pounds. With each minute, you are growing slimmer, healthier, and happier.
- During visualization, remember to engage all of your senses. Create vivid mental pictures where your visual, auditory, tactile, olfactory, and gustatory senses are stimulated. For instance, imagine that you can feel the cool wind blowing against your skin while you are jogging. As you are watching your bills floating away from you, imagine that you can hear the chuckling sound of the stream.

- **Immerse yourself into a deeper state of relaxation.**
- Envision yourself standing on the top of a flight of stairs. There are ten steps. It is up to you to picture what it looks like. Are the steps

made of marble? Are they made of wood? Are they straight or winding?

- Now, imagine yourself descending these stairs. Going down, down, down…
- Imagine the feel of the steps against your feet. Does it feel solid? Cold? Or surprisingly warm?
- Count each step that you take, beginning from ten. Allow the numbers to form themselves in your head. And thus, as you count, you continue to go down and down… and with each downward step that you take, you are able to feel more and more relaxed.
- When you reach the fifth step, you are submerging into water. Imagine the feel of the water. Think of how cool and refreshing it is as it surrounds you. Then, proceed to going down the last five steps.
- With each downward step that you take, you are able to feel the coolness of the water moving up your body, higher, higher… as you step downwards, lower and lower…
- Envision yourself being engulfed by the water's cleansing, purifying power. At this moment, you will begin to experience a kind of numbing sensation. Your heart rate will increase. But instead of being distracted by it, you will observe this thought neutrally, objectively, and you will allow it to fade away.

- **Address your problem/ reach for your goal.**
- As you are able to feel the numbing sensation, you will also feel as though you are floating. Now is the time to begin addressing your issues. If you are unable to achieve this sensation, then repeat the previous step. Take your time and descend the steps more gradually.

- Narrate to yourself exactly what you are doing in your vision. Ensure that you speak only in the present and the future tenses. Speak as though you are reading straight from a passage.
- Now, imagine that there are three treasure chests in the water. Swim towards these treasure chests. Once you are able to reach them, open them. Reveal their contents gradually, one at a time. Narrate to yourself what is happening.

Ex.: “I am opening the treasure chest. I can feel a warm and radiant light emanating from it. I can feel the light being absorbed by my body. The light is self-confidence and now I have it in me. This light, this confidence, is now a permanent part of me and I shall never lose it again.”

Then you may move on to see what is inside the next treasure chest.

- **Repeat your affirmations.**

A warning: Do not make use of negative statements like “I do not want to be shy around people.” Consider the possibility of your unconscious

mind omitting the word NOT. You'll end up embedding the message into your mind that you *do* want to be shy around others, thus, worsening the issue. Instead, say something with a positive connotation like: "I am growing more confident while speaking in public. I feel more relaxed during group conversations."

More examples of properly constructed positive statements:

"My knees are beginning to feel wonderful."

"I am slender. I am beautiful."

Repeat these affirmations to yourself for as many times as you wish to. You may continue to imagine yourself swimming around the water, exploring and discovering more delightful things.

Exiting the State

- **Prepare to come out of the hypnosis state.**
- Now, imagine yourself swimming back towards the foot of the stairs. Ascend the stairs, gradually. Once again, imagine how it feels like.
- Count each step that you take. With each upward step, you are able to feel the water getting lower, lower… as you are climbing higher, higher…
- When you reach the sixth step, you are completely free from the water. At this point, you may feel a heavy sensation on your chest. Wait for this feeling to pass. As you are doing this, remain on that step and recite your affirmations to yourself.
- Then, move on to the next step. Continue counting and allowing the image of the numbers to materialize inside your head. Continue to move upward until you are once again standing on the top of the stairs.

- **Open your eyes.**
- But before you do this, prepare yourself by imaging a portal that will usher you back towards the physical world.
- As you open the doorway, envision a brilliant light pouring out of it. Imagine this light filling your eyes gently, naturally… slowly awakening you to reality. Now, count gradually from ten to one.
- Tell yourself: “When I finish counting, when I reach one, my eyes will open.”
- Afterwards, tell yourself: “I am awake. I am wide awake.” This statement should bring you back to a waking state.
- Remember that there’s no need to rush yourself when getting up.

- Tip: Your mind is still in a highly suggestible state a few minutes after emerging from hypnosis. Take this opportunity to strengthen your goal by using post-hypnotic suggestions. Reinforce your feelings of calmness and tell yourself how happy you are that the subconscious part of yourself is assisting you in achieving your purpose.

- Note: These basic hypnosis steps can be used in auto-hypnosis or it can be altered so that you can perform hypnosis on others. You may change the auto-suggestions to direct suggestions and narrate the script to the person.

Example: “You are important. You are in control of yourself. You are capable of accomplishing anything that you set your mind to.”

“You are opening the treasure chest. You can feel a warm and radiant light emanating from it. You can feel the light being absorbed by your body. The light is self-confidence and now you have it in you.”

Figure 2 During self-hypnosis, when distracting thoughts occur, don't push them away. Instead, observe them in an objective manner and allow them to fade away.

Image Source: https://pixabay.com/en/hypnosis-self-hypnosis-suggestive-75615/

Chapter 3: How to Write and Record your Own Hypnosis Scripts

- Determine the target areas.

Prior to writing a self-hypnosis script, you should first be able to pinpoint the target behavior. Ask yourself the following questions:

- *What behavior needs to change?*

You also need to find out what beliefs need to be altered in order to make sure that the new behavior will stick. Negative behaviors are often used as coping mechanisms. Taking this behavior away from yourself would mean depriving yourself of your means to cope. Thus, it is important that you replace the undesirable behavior with a positive alternative.

- *What is supporting this behavior?*

The fact that the negative behavior still persists despite the fact that it is bothering you mean that some part of you is being rewarded by this behavior. Find out what that is.

Example: Nail-biting provides you with a sense of control during stressful situations.

- *What resources do I have to help me get rid of the problem?*

This means that you need to be aware of your strengths. You may also need to recall your past successes.

Example: Was there ever a time when you were able to achieve control without having to bite your nails? Hold onto that memory to remind yourself that you can do it even without the negative behavior.

- **Outline the script.**

This requires familiarizing yourself with the different parts of the

hypnosis script.

- *The Induction Script*

This refers to the initial script where you induce relaxation. This is where you instruct yourself to close your eyes, release the tension from your toes, your calf, etc…

- *The Deepening Script*

This is the part where you induce a deeper sense of relaxation. This includes suggestions like “with every step you take…” (as in the case of the basic hypnosis discussed in the previous chapter), “with each passing minute…”, etc.

- *The Subject Script*

This is the part where you make use of suggestions to achieve your goal. As previously mentioned, positively worded suggestions are more effective than negative ones. So instead of saying “Smoking will make me sick.”, it is better to just imagine a happy scenario where you are a non-smoker.

Furthermore, labeling something as “bad” may cause you to have a strong aversion to it. While it may help you achieve your purpose, imagine what will happen the next time that you sit beside a person who smells of cigarettes smoke? Are you then going to freak out? Moreover, instead of just telling yourself what you should and should not do, it is better to make use of suggestions that trigger your imagination.

- *The Awakening Script*

This is where you send yourself back towards a state of complete awareness. This involves counting down from ten to one or counting up from one to five—whichever you prefer.

When recording this particular script, make sure that you gradually increase the volume of your voice while you count down or while you count up. By doing so, you will arrive to a state of awakening and open your eyes feeling more energetic.

- **Write the Suggestions.**

Suggestions should always be worded in such a way that it targets your core beliefs. Here are a few techniques for writing effective suggestions:

- *Use repetition.*

The more you repeat a suggestion, the more effective it will be. Use paraphrasing and repeat the same suggestion in different parts of the hypnosis section.

Example:

Correct: “I like people. I enjoy being a part of a crowd. When I am in a public gathering, I feel relaxed and poised. Having an audience brings out the best in me. I feel a sense of pleasure in forming new acquaintances. I find strangers particularly interesting. I feel comfortable with having company.”

Wrong: “From now on, I will feel comfortable around people.”

- *Design the suggestion to reflect your personal experiences.*

You are more likely to respond to a suggestion when you can relate to it and when you are able to perceive it as something realistic and

achievable.

Correct: “I feel my self-confidence increasing with every small, daily act that I perform—each time I commute on my way to work, each time I say hello to my colleagues, and each time I speak with my boss.”

Wrong: “My confidence is rising as I am sipping champagne with wealthy colleagues in my yacht.”

- *Concentrate on a specific issue*.

While there may be several problems in your life that you would like to address, self-hypnosis sessions work better when directed towards one particular area of your life. This means that your issues concerning self-confidence and chronic smoking should be treated through separate sessions.

Correct: “I exude self-confidence whenever I enter a room. I look great

and healthy. Every time someone looks at me, they see that I am dressed and groomed for success. I can feel other people's respect and admiration as they look at me. Their respect makes me feel even more confident with myself."

Wrong: "I am able to express self-confidence while speaking in front of people. Also, I am able to stop smoking."

- *Place emphasis on your resources.*

This means bringing up past successes and recalling experiences of control. In order for this to be effective, you'll need to be specific.

Correct: "I remember that time during my sister's wedding. I was asked to do an impromptu speech. I felt nervous then and I wanted to bite my nails but they were freshly manicured. It felt like it would be a shame to ruin them. Nevertheless, I was able to deliver my speech

confidently. My sister appreciated my words. Everyone seemed really pleased and they applauded me. I can see now that I have always had it in me to be confident."

Wrong: "I have self-confidence within me. I possess several strengths. I can do this."

- *Make use of hypnotic logic.*

When formulating suggestions, you may increase the power of your statements by supporting them with a hypnotic logic. Keep in mind that when you are in a state of trance, your mind's critical function is not fully working. This means that you can convince yourself easily with hypnotic logic even if it's actually less sensible than waking logic. Furthermore, while in a trance state, you won't need to prove to yourself the validity of the hypnotic logic. You merely need to imply it.

Correct: “I’ve been a pillar of support to others all my life. And now, it’s time for me to help myself. Thinking back on all the times that I’ve helped others succeed, I believe it’s time for me to help *me* succeed. This means that I deserve to be better and therefore, I should stop drinking.

Wrong: “I should stop drinking right now.”

- **Record the final script.**

A self-hypnosis recording makes it easier for some people to go under.

- Prior to recording the script, make sure to start with a disclaimer that goes: “This recording is for self-hypnosis purposes. For your safety, do not listen to this while driving a vehicle or while operating heavy machinery.” This is in case someone finds the recording.
- Pay attention to your voice, particularly the inflection. Also, moderate the amount of emotion in your speech. Too much or too little can destroy the effectiveness of the script.

- Pay attention to the pacing as well. Observe pauses where they are

needed. Remember that the purpose of the recording is to induce relaxation. However, make sure that your voice in the recording sounds calm and confident.

- Lastly, make sure that there are no background noises which can ruin the quality of your self-hypnosis session.

- Note: The steps for writing the script, making the recording, and writing the suggestions are applicable for both self-hypnosis and for hypnotizing other people.

Figure 3 In the awakening script, increase the volume of your voice when counting up or down. That way, when you

open your eyes, you'll feel more energized.

Image Source: http://www.freeimages.com/photo/eye-closeup-1526251

Chapter 4: Sample Hypnosis Scripts

Hypnosis Script for Self-confidence

- To get in a trace state, follow the steps learned in the chapter about basic self-hypnosis.
- Then, when you reach the part of the deepening script, imagine yourself descending a flight of spiral stairs. The lighting is dim. You can barely see anything. But with each step downward, you are able to feel more and more relaxed. Remember to count…

Five…

You are now in the fifth step and you're feeling more relaxed. Feel the tension leaving your hips.

Four…

The light is getting dimmer but the tension is fading away from your

body. Your arms are feeling light and free.

Three…

It's almost completely dark. But it's okay, you feel safe and relaxed.

The knots on your shoulder muscles are being relieved.

Two…

It's getting darker still. And you are growing even more relaxed.

Your facial muscles are relaxed. The tension has left your scalp.

One…

You are now in a dark room…

- Now, see the details of the room. There are doors inside the room, lined up from side to side. And you know that when you open these doors, you'll discover something wonderful. You are excited. You feel that the secret to transform your life lies behind these doors. But before that, you know that you *need to change*.
- You look around the room and you see a cabinet-like machine. It is a machine for transformation. It is what you need in order to change.

- You approach the machine and study its details. (Feel free to imagine what it looks like. The color, the shape, etc.) You get inside the machine and in it you find a button. The button says: CHANGE.
- You think of your goal. You think of what you would like to change. Then, speak your goal out loud.
- You take a deep breath, then press the button. Now you are ready to *change*.
- The machine starts. (Feel free to imagine how it operates. The sounds, the lighting, the movement, etc. You may choose to imagine a radiant light emanating from the machine and enveloping your being, making you feel wonderful.)
- A few seconds later, the machine stops. You get out of the machine. You observe that something about you has changed. You feel calmer, more relaxed, and certainly excited to find out what you're going to do next!
- You go back to the closed doors that you saw when you descended toward the dark room. Somehow, you feel different from the first time that you saw it. This time, you feel more confident, more sure, more *ready*.
- You take a deep breath and open the door. A dazzling light and lively music hits your senses. It is a beautiful room. And there is a party. There are plenty of people in the room. Some are people that you know while some are complete strangers. But you don't mind at all.
- The moment you enter the room, everyone notices you. You smile. You feel so relaxed. You can feel the confidence exuding from your pores.
- The people in the room greet you and you greet them back. It feels so natural. It's as though this party has been held in your honor. You can feel everyone's admiring glances floating towards you. And because of this, you feel more and more confident.

- It feels so wonderful. You are having the best time of your life and you know that you owe it all to yourself.

Hypnosis Script for Quitting a Bad Habit

- To get in a trace state, follow the steps learned in the chapter about basic self-hypnosis.
- Once you have achieved a state of deep relaxation, repeat your affirmations to yourself:

Example:

“I am a non-smoker.”

“I enjoy being a non-smoker.”

Continue repeating these statements until they grow convincing and

you feel completely confident with your words.

- Then, visualize that you are jogging along the beach. Your lungs are in such good condition that you are able to perform the activity with ease.

- You can feel your organs working within you and they are all healthy and filled with vitality. Your heart is beating in a strong and steady rhythm. Your lungs are clear and you can feel the clean air moving in and out of your system.
- This is the fittest that you've ever felt in your life. Because of that, you feel an immense sense of gratitude directed towards yourself. Thank yourself for becoming a non-smoker.
- Now, it is time to tell your subconscious just how much you want to become a non-smoker. When you do this, you are combating your past urge to smoke and replacing it with something positive.

Example: "I choose to become a non-smoker. I choose health. I choose happiness. I choose life."

Repeat the affirmations to yourself. Say the words with utter conviction.

- Visualize a future version of yourself as a non-smoker. Envision yourself enjoying an optimum state of health and happiness. Now is the time to bring up your resources and your motivations.

Example: "By being a non-smoker, I am setting a good example for my kids."

"By being a non-smoker, I am prolonging my life so that I can spend

more time with my wife."

Imagine your kids and your significant other surrounding you. They are so proud of you for being a non-smoker.

- Now it's time to retrain your subconscious so that it can help you in moments of weaknesses when you feel the urge to light a cigarette. Before you do this, you need to identify the moments when you feel the strongest desire to smoke. Is it after eating a meal? Is it after making love? Is it before conducting a work presentation?

Visualize yourself being in these scenarios and *choosing not to light a smoke*.

Think of how you don't really need to smoke. Observe how powerful, how confident, and how in control you are when you make the decision not to smoke.

- Once again, repeat your affirmations.

Hypnosis Script for Insomnia

- Start by counting your breath.

Inhale… one, two, three, four, five.

Exhale… five, four, three, two, one.

- Allow yourself to relax with each exhalation. Perform this step for at least a couple of minutes or until you are fully relaxed. Free your mind from all your troubles.
- Once you are able to relax, tell this to yourself:

"All of my problems are melting away like a mantle of snow on spring."

Repeat this for five times while imagining a mantle of snow on the ground melting under the warmth of the sun.

- Concentrate on your breathing. With each inhalation, think of the air that you breathe in as a potent and soothing sedative. Imagine this sedative being absorbed by your body—calming it, helping it rest. Imagine it spreading through different parts of your system, relaxing each body part gradually. And with each breath that you take, you are feeling more relaxed… sleepier… sleepier… deeper and

deeper… until you are able to drift off into sleep.

- Note: These sample scripts can be used for both self-hypnosis and hypnotizing others.

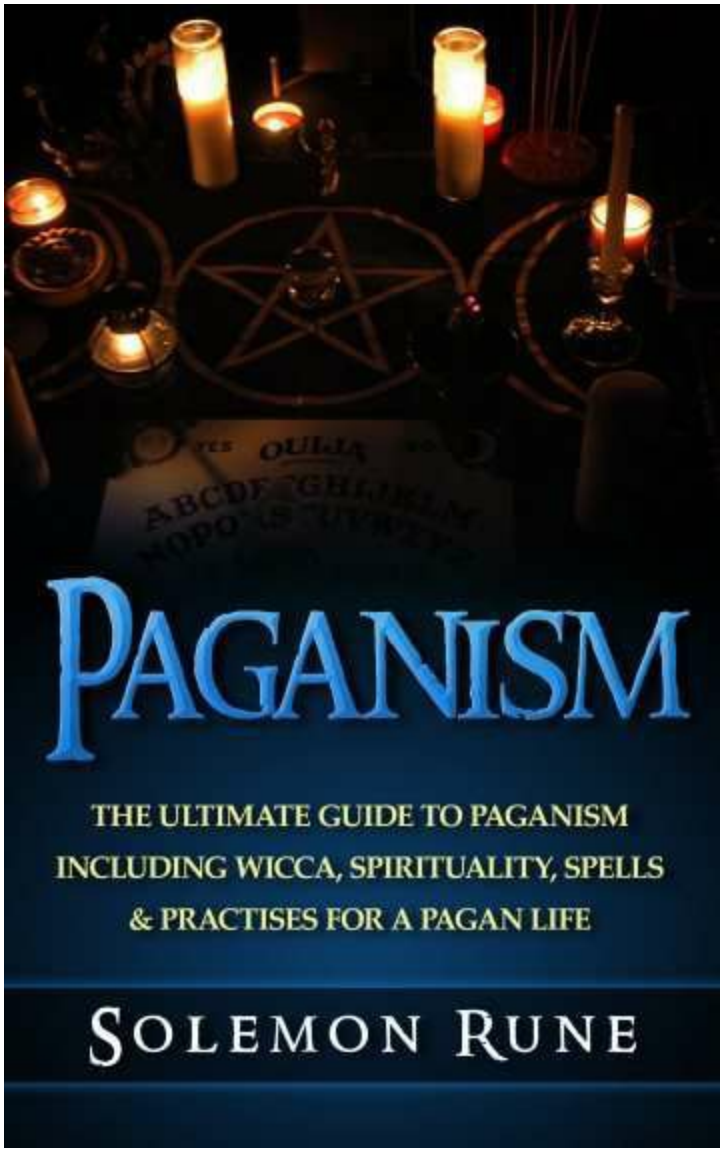
Conclusion

Thank you again for purchasing this book!

I hope this book was able to help you learn the basic steps in performing hypnosis on yourself and to others.

The next step would be to reap the benefits of hypnosis by practicing your newfound skills. Use these skills to overcome whatever it is that's preventing you from reaching your goals. Lastly, return the favor and utilize this knowledge to help others in achieving their positive purpose.

Preview of "PAGANISM: The Ultimate Guide To Paganism"



Chapter 2: Common Wiccan Groups

Before you can be a full Wiccan, you have to be initiated into a coven. During the initiation ceremony, a High Priest or a High Priestess anoints you as a member. However, if you do not want to belong to any coven, you can go solo. You can do a self-dedication ritual to anoint yourself.

Initiation is a crucial aspect of Wicca. It symbolizes rebirth. From the time you were initiated into the religion, you dedicate yourself to the gods and goddesses. Someday, if you want to be a High Priest or High Priestess, you need to achieve a Third Degree ranking. You can do this by studying more about the religion.

In Wicca, there are different groups or covens with different traditions. Before you get initiated, you should decide on which group you want to join. The following are the most well-known Wiccan groups:

- **Alexandrian Wicca**

It was formed by Alex and Maxine Sanders, and puts emphasis on the polarity of the male and female genders. It involves rites dedicated to the God and the Goddess. The members usually meet during full moons and new moons. They also meet on Sabbats. If you want to join this group, you have to begin as a neophyte and then move on to the First Degree.

- **British Traditional Wicca**

It is known for their lineage, practice, and teachings, and it has covens in many parts of the world. If you want to be part of this group, you have to be formally initiated by a linegaed member.

- **Blue Star Witchcraft**

Its members are referred to as Witches rather than Wiccans. Unlike most Wiccan groups, it has five levels of initiation. If you want to be a member, you have to be initiated and pass all the levels.

- **Circle Sanctuary**

It is a non-profit religious organization that was founded in 1974 by Selena Fox. It uses networking to promote itself and Wicca in general. Its members regularly hold events, such as the Pagan Spirit Gathering.

- **Covenant of the Goddess**

It was formed in the 1970's and just like the British Traditional Wicca, it has different covens in different parts of the world. Its members have annual conferences. They educate other people, perform rituals, and participate in outreach programs. They also encourage other people to know Wicca and witchcraft better by correcting the common misconceptions about the religion. They even give scholarships and

legal support to those who qualify.

- **Dianic Wicca**

It was founded by Zsuzsanna Budapest and used to only accept women as members. Today, however, it has started to accept men as members in order to give polarity to the coven. Although its members honor the God and the Goddess, they are more inclined to spend time with the Goddess. They celebrate the eight Sabbats. They also allow the practice of negative magick, such as hexing, cursing, and binding, to anyone that harms women.

- **Eclectic Wicca**

It refers to NeoWiccan traditions that do not fall under any category. Some covens and solitary Wiccans, for instance, follow an eclectic path. Wiccans who modify or have various traditional beliefs are also called eclectic. In addition, those who make their own traditions are also called eclectic.

- **Gardnerian Wicca**

It was founded in the 1950s by Gerald Gardner. Its members do not recruit new members. Those who want to join this coven need to be initiated and take an oath that they will never disclose to anyone outside of the coven whatever they experience within the coven. If you join this group, you will only be allowed to copy the Book of Shadows once you passed the initiation.

- **Seax Wica**

It was founded in 1973 by Raymond Buckland and was based on Saxon Paganism. It is a democratic group that allows members to elect their High Priest or High Priestess. They are also allowed to modify traditional rituals and practices. Seax Wica does not involve any initiation rites. So if you want to be part of this group, you just have to dedicate yourself to its path.

Chapter 3: The Book of Shadows

The Book of Shadows is one of the most vital tools in Wicca. It contains the spells and rituals that you and your coven use. Its content can be handwritten or computerized, but most Wiccan traditions recommend it to be handwritten. You can copy the Book of Shadows of your coven, but you can also create your own.

When you create your own Book of Shadows, make sure that you use an empty book. If you do not have one, you can simply bind some blank pages together. You can use any materials for your Book of Shadows, but it is highly recommended that you use sturdy materials to prevent it from getting damaged easily.

During rituals, the use of candles is inevitable. Hence, you should

protect your Book of Shadows from candle drippings by covering it with a sheet protector. You should also put a title on the front cover. Do not forget to include your name, so people can easily identify that the book is yours.

As for the content, you are free to put anything that feels right for you. You can even use a language that is most comfortable for you, such as the vernacular or slang. Of course, you have to include the laws of your coven in your Book of Shadows. Every group has different rules.

If you are a solitary practitioner, however, or your group does not have written rules, you can simply create the rules. Write down whatever you think is reasonable and acceptable. See to it that you set boundaries to prevent you from crossing the line. Wiccans are expected to be responsible and disciplined.

You can also include the Wiccan Rede, your copy of the initiation ceremony, the names of the gods and goddesses you usually invoke in your rituals, and your personal reasons for choosing those deities. Do not limit yourself to a few sentences or pages. Feel free to say everything you want in your Book of Shadows.

Moreover, you should write down the herbs, stones, and crystals your coven uses. You should also include the phases of the moon and the colors that represent the elements. Put all of these data in correspondence tables, so you can easily use them for spellcasting.

Remember that some spells can only be cast on certain moon phases. Likewise, some spells only work when the right type and amount of ingredients are used. You have to make sure that you prepare the right crystals, stones, or herbs for your spell. To prevent confusion, see to it

that you include details regarding the elements that you use.

You can ask members of your coven to assist you in writing these details. Since you are a beginner, make sure that you pay attention to their properties and history. Find out if they are safe to be ingested. Some herbs can only be applied topically and are toxic when ingested.

You can also include recipes in your Book of Shadows. These recipes are useful for Sabbats. You can copy the recipes of your coven or even get some from the Internet. You can also modify the recipes if the ingredients are not available in your location or you think that you have to adjust the proportions. You can also write down the tools and equipment that you use during your rituals.

Furthermore, you can write about the Sabbats in your Book of Shadows so you can be reminded of their dates, rituals, and other

aspects. The Wheel of the Year consists of the eight major Sabbats. These are Samhain, Imbolc, Yule, Litha, Ostara, Beltane, Lughnasadh, and Mabon. Some traditions do not celebrate all eight Sabbats, though.

If your coven celebrates the full moon, you can also include Esbat in your Book of Shadows. It is up to you if you want to use the same rite for every ritual or have a different one each time. You can also include information about casting a circle, Drawing Down the Moon, and performing other rites for healing, protection, and prosperity. You can even include astrology, Tarot, and scrying.

Keep your Book of Shadows as detailed and packed with information as much as possible. Write down the steps that you did and the results that you have obtained. Do not forget to write down sacred texts, old

prayers, and chants. You can translate the prayers or write them in their original language.

Ideally, you should have a separate book for your spells because they can be a lot to put in the Book of Shadows. Having a separate book for your spells can make them more organized and easier to access. Nonetheless, if you do not use a lot of spells or simply want to put them in your Book of Shadows, you may do so too.

Whenever you cast spells, do not forget to write down their details. For instance, you can write down the results that you got. This way, you can find out which spells work for you and which ones do not. You can discontinue using the spells that do not work and stick with the ones that do.

Keep in mind that the Book of Shadows is a sacred tool. You have to

take good care of it and never disrespect it. You also have to update its contents whenever necessary. If you do not want to have a hard time updating it, you should bind the pages with ring binders. This way, you can easily add more pages when you have to.

You can also use dividers to your keep your pages organized. Make sure that you also have a Table of Contents that you update whenever you add more content in your Book of Shadows. Having a Table of Contents allows you to find the spells or information that you need more quickly and more easily.

Chapter 4: The Phases of the Moon

The cycles of the moon are important for magick. Wiccans believe that the moon has magickal properties, and its phases can result in different outcomes. Hence, it is important for you to plan your workings according to the phases of the moon.

The Waxing Moon

It grows from dark to full and usually takes fourteen days to complete the phase. In many Wiccan traditions, positive magick is performed when the moon is waxing. They aim to attract positivity and improve themselves. During this time, you can perform rituals for money, career, love, and material possessions.

Waxing Crescent or Crescent Moon

It is also known as the Moon of Regeneration, and is 45˚ to 90˚ ahead of the sun. At this time, you can make plans, obtain information, create a foundation, or begin to make changes in your life. You can also prepare for your goals in life. The waxing crescent or crescent moon signifies the right time for regeneration. During this time, fortifying yourself and strengthening your body are most effective because you absorb both the positive and the negative energies more easily.

First Quarter or Waxing Moon

It is also known as the Moon of Caution, and is 90˚ to 135˚ ahead of

the sun. It lasts for 7 to 10 ½ days after the new moon. During this time, the Time of Warrior Maiden is celebrated. It is represented by Artemis, Minerva, Athena, Diana, and Bridget. This is the perfect time for instinct, intuition, and motivation. It is also the most ideal time for renewal and regeneration.

Waxing Gibbous Moon

It is also known as the Moon of Endings, and is 135˚ to 180˚ ahead of the sun. During this time, more than half of the moon is illuminated by sunlight. It is the most ideal time to tie loose ends and prepare for the energy that comes from the full moon.

The Full Moon

It is also known as the Moon of Celebration and is 180˚ to 255˚ ahead of the sun. At this point, the entire side of the moon is visible. Wiccans tend to cast spells when the moon is full because they believe that it is at its most powerful. They generally perform their rituals for three days, including the day before and the day after. Some groups even

require their members to base their workings on the different moon phases.

The full moon is the most ideal time to cast spells for both personal and spiritual growth. It is also perfect for doing any major working. You can cast healing spells and spells for improving your magickal skills and intuitive awareness. You can also cast spells that can make you much closer to the deities. In addition, you can perform an Esbat ritual.

The New Moon

It is also known as the Dark Moon as well as the Moon of Rest and Beginnings. During this time, it is directly between the sun and the earth, which is why it is not visible. It is the only time when solar

eclipse can be seen. The moon is at 0° to 45° ahead of the sun.

During new moon, you can cast spells for new beginnings and undertakings. It is the most ideal time to rest, acquire new love, grow, give thanks, and regenerate. It is also the best time to get rid of bad habits. Moreover, it is the perfect time to start new projects.

The period of the new moon is when you can see the fruits of your labors. However, it can be a bit difficult to perform workings at this time because the moon cannot be seen. Many Wiccans consider the new moon to be a fallow time, in which they rest and rejuvenate before they perform more intense workings. Other Wiccans, however, consider the new moon as an opportunity for performing magick related to wish fulfilment.

The Waning Moon

It goes from full to dark, and stays this way for a couple of weeks. During this time, it represents the Goddess as a Crone and is therefore best for deep intuition and divination. Wiccans usually perform baneful magick when the moon is waning. They aim to eliminate, destroy, and send away anything that they do not want anymore.

The waning moon is the most ideal time to cast spells for banishing bad habits, ending a relationship, getting out of a job, or reducing debt and other negativity. It is also the perfect time to send away and protect yourself against negative individuals and influences.

Waning Gibbous or Disseminating Moon

It is also known as the Moon of Retribution or the Moon of the Earth

Mothers, and is 225° to 270° ahead of the sun. During this time, it is most ideal to review actions, correct mistakes, settle disputes, and make amends. Wiccans associate the waxing moon to mundane matters. They also believe that it brings about instinctual growth.

Last Quarter or Waning Crescent Moon

It is also known as the Moon of Harvest, and is 270° to 315° ahead of the sun. It is most ideal for releasing negative energy and ending certain habits and relationships. During this time, you must eliminate anything that causes obstruction. It is the perfect time to rest, meditate, recuperate, and get ready for the energy emitted by the new moon.